

INTISARI

PENGARUH *PLAYOMETRIK PUSH UP* TERHADAP DAYA LEDAK OTOT LENGAN ATLET BASKET STIKES NASIONAL

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Latar Belakang: Basket merupakan salah satu bentuk latihan yang memerlukan komponen fisik antara lain adalah daya tahan, kekuatan otot *strength*, kelenturan, kecepatan, dan kelincahan. Adapun bentuk latihan untuk meningkatkan kemampuan fisik dengan latihan *push-up* dimana latihan latihan tersebut bertujuan untuk melatih unsur kekuatan otot lengan dan bahu.

Metode: : Dalam penelitian kali ini metode yang digunakan adalah *One-group Pre test & Post test Design*. *One group pretest-posttest design* adalah kegiatan penelitian yang memberikan tes awal menggunakan *medicine ball* untuk mengukur daya ledak otot (*pretest*) sebelum diberikan perlakuan berupa *push up*, setelah diberikan perlakuan barulah memberikan tes akhir (*posttest*) menggunakan *medicine ball* kembali. Setelah didapatkan hasil kemudian dilakuakn uji menggunakan spss 20 untuk mengukur ada atau tidaknya pengaruh dari latihan *playometrik push up*.

Hasil Penelitian: Berdasarkan hasil uji hipotesis pada tabel *output* terlihat bahwa nilai signifikan $0,000 < 0,05$. Berarti terdapat pengaruh yang positif pemberian *playometrik push up* terhadap peningkatan daya ledak otot sehingga hipotesis diterima. Berdasarkan hasil penelitian yang di peroleh, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan antara *playometrik push up* dengan daya ledak otot lengan pada atlet basket STIKES Nasional dengan dibuktikan hasil uji yang signifikan, Dimana hasil *p value* 0,000 lebih kecil dari 0,05 sehingga terdapat pengaruh pemberian latihan *playometrik push up* terhadap daya ledak atlet basket STIKES Nasional.

Kata Kunci : *Push up*, Daya Ledak, *One-group Pre-test*

ABSTRACT

THE EFFECT OF PLAYOMETRIC *PUSH UP* ON THE EXPLOSION OF THE FORM MUSCLE OF THE NATIONAL STICKER BASKETBALL ATHLETIC

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Background: Basketball is a form of exercise that requires physical components, including endurance, muscle strength, flexibility, speed, and agility. As for the form of exercise to improve physical abilities with push-up exercises where these exercises aim to train the elements of arm and shoulder muscle strength.

Methods: In this study the method used is One-group Pre-test & Post-test Design. One group pretest-posttest design is a research activity that provides an initial test using a medicine ball to measure muscle explosive power (pretest) before being given treatment in the form of push ups, after being given treatment then giving a final test (posttest) using a medicine ball again. After the results were obtained, a test was carried out using SPSS 20 to measure the presence or absence of the influence of the push-up playometric exercise.

Research results: Based on the results of hypothesis testing in the output table, it can be seen that the significant value is $0.000 < 0.05$. It means that there is a positive effect of giving playometric push ups on increasing muscle explosive power so that the hypothesis is accepted. Based on the results of the research obtained, it can be concluded that there is a significant effect between push-up playometrics and arm muscle explosive power in National STIKES basketball athletes with evidenced significant test results, where the p value of 0.000 is smaller than 0.05 so that there is an influence the provision of push-up playometric exercises on the explosive power of National STIKES basketball athletes.

Keywords: Playometric Push Up, Explosive Power, One-group Pre-test